

**Sample Interview Questions  
for Allan Hamilton, MD**



**Author of *Zen Mind, Zen Horse***

1. You're a brain surgeon and you've written a book about working with horses. What's the connection?
2. Your book focuses on the science and spirituality of working with horses. Is one more important than the other?
3. Give us a couple of examples of spiritual lessons you think horses can teach any of us, even people not acquainted with horses.
4. In *Zen Mind, Zen Horse*, you talk about a particular horse of your own, a rescued horse named Ace, and some lessons he taught you. Could you share a few stories about Ace with listeners?
5. You have many anecdotes interspersed throughout the book about horses. Do you have a favorite story?
6. If I were a person who knew nothing about horses, how would your book help me?
7. If I were an accomplished rider and trainer, what would I find unique about your book and useful to me?
8. In your book, *Zen Mind, Zen Horse* you have developed a whole system of training based on chi. Explain what chi is.
9. How is chi used within your horse training system?
10. What are some of the results you've seen from this training system – for horses and for individuals?